

Statistics Report 09084, Currants, red and white, raw

Report Date: June 30, 2017 04:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	83.95	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	56	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	234	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Protein	g	1.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.66	5	0.040	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	13.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	4.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Sugars, total	g	7.37	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Sucrose 1	g	0.61	3	0.297	0.14	1.16	2.0	-0.663	1.89	1	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) 1	g	3.22	3	0.200	2.92	3.6	2.0	2.358	4.082	1	Analytical or derived from analytical	--	02/2003
Fructose 1	g	3.53	3	0.236	3.18	3.98	2.0	2.52	4.547	1	Analytical or derived from analytical	--	02/2003
Minerals													
Calcium, Ca	mg	33	5	3.247	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	1.00	5	0.097	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	13	5	0.822	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	44	6	2.125	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	275	6	16.512	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	1	4	0.150	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.23	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.107	5	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Manganese, Mn	mg	0.186	5	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	41.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.064	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.070	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Folate, DFE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Choline, total	mg	7.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE 2	µg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 2	µg	25	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Carotene, alpha 2	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Cryptoxanthin, beta 2	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Vitamin A, IU 2	IU	42	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Lycopene 2	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Lutein + zeaxanthin 2	µg	47	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 3	µg	11.0	3	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Lipids													
Fatty acids, total saturated	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.028	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.053	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.035	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Sources of Data
¹C. Y. Lee **Free sugars in fruits and vegetables**, 1970 Food Science and Technology 1
²I.M. Heinonen, V. Ollilainen, E. Linkola, P. Varo, P. Koivistoinen **Carotenoids in Finnish Foods: Vegetables, Fruits, and Berries**, 1989 Journal of Agriculture and Food Chemistry 37 pp.655-659
³T.J. Koivu, V. I. Piironen, S.K. Henttonen, P.H. Mattila **Determination of Phylloquinone in Vegetables, Fruits, and Berries by High-Performance Liquid Chromatography with Electrochemical Detection**, 1997 American Chemical Society